

# WASH YOUR HANDS FREQUENTLY

*Especially after using the bathroom and before eating or drinking*

- 1) Wash hands under warm running water
- 2) Apply soap and lather well for 15-20 seconds
- 3) Rinse
- 4) Turn off the water with your arm or paper towel
- 5) If possible, use the automatic door opener to exit the bathroom



## GOOD HYGIENE

*According to the Center for Disease Control and Prevention (CDC), hand washing is the single most important action one can take to prevent the onset of illness*



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